



COLCHESTER PARKS & RECREATION

"Optimizing the Experience of Living"



FALL 2017

Recreation & Enrichment for All Ages

Register
Online at
[colchestervt.gov/
recreation](http://colchestervt.gov/recreation)

FOLLOW US ON: FACEBOOK, SNAPCHAT, INSTAGRAM & TWITTER @COLCHESTERREC

GENERAL INFORMATION

CATHY NEARY SCHOLARSHIP FUND



It is with great pride that we have named our Scholarship Fund after Cathy Neary who was our Administrative Assistant from 2005 to 2012. In 2014, Cathy lost a courageous 11 year battle with cancer. But throughout those years, she never let it change her lovely personality or her positive attitude.

She was a kind and loving employee who felt that everyone, regardless of their financial situation, should experience the joy of recreation. There were many occasions that Cathy, out of her own pocket, financially assisted families who could not afford their portion of the scholarship match. Although she is no longer a physical presence in our office, her presence will continue in spirit through this scholarship fund.



WHY GOOD PROGRAMS ARE CANCELLED

Nothing cancels a program faster than everyone waiting until the last minute to register. There are certain deadlines that are set in order to decide whether a program will be cancelled.

So if you are interested **REGISTER EARLY!**

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OFFICE INFORMATION

Address: 781 Blakely Road
Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday,
7:30 a.m. - 4:30 p.m.

METHODS OF PAYMENT

We accept VISA & MASTERCARD credit cards, checks and cash

CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee. This applies to transfers as well.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions, log on to our website at www.colchestervt.gov/Recreation

RECREATION ADVISORY BOARD

Adriane Martin, Chair
Dr. Ruth Blauwiel Owen Banks
Dick Pecor

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, after September 11, 2017.

FIND US ON THE FOLLOWING SOCIAL MEDIAS:



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COLCHESTER PARKS & RECREATION

"Optimizing the Experience of Living"



A MESSAGE FROM COLCHESTER PARKS & RECREATION DIRECTOR, GLEN CUTTITTA

The fall season signals a transition to something new! Children are gearing up for a new school year and transitioning to new classes with new teachers. Here in the Parks and Recreation Department, this fall is a transition for us as well. Our programmers are creating new programs, hiring a few new staff for our ACE afterschool program, and wrapping up what was an exciting summer season with a record number of participants enjoying our camps and programs. Bayside Paddle Sports was the place to be this summer with the addition of the new inflatable water park. Despite the rainy start, visitors enjoyed the new addition to the Bayside waterfront. We also saw an increased use of the paddleboards, kayaks and pedal boat.

As we all transition to the new season of fall, take a moment and try something new. Be sure to have a look at the new programs that we are offering. Do not look at fall as the end of summer but as a new season to experience our programs and parks.

Special thanks to Peter Cote and his park staff, who continue to work their magic in the parks. Their hard work and dedication to this community is amazing and make our parks the best in the state. If you get an opportunity to thank these men, please do.

The programming side of our department continues to deliver quality recreational opportunities to the residents of Colchester. Assistant Director, Derek Mitchell, Program Director, Jenn Turmel, Program Coordinators, Isaac Spivey and Mike LaPan and Administrative Assistant, Moira Plant, work as a solid team to make sure that all residents have a positive recreational experience. I am thankful every day that we have such a great group of employees that strive to make Colchester Parks and Recreation the go-to resource for fun, educational programs and community events for all ages!

We are always looking to expand and try something new. If you have any ideas or comments please feel free to contact us and share your thoughts. Remember this fall season to try something new, have fun and stay young!

Yours in Recreation,
Glen Cuttitta, CPRP
Director





EVENING PADDLEBOARDING

Friday, September 15

You've seen the pictures of the beautiful sunsets over Malletts Bay, now experience it from the water on a Stand Up Paddleboard! Join Mike for an evening of paddling on the Bay. No experience necessary - basic instruction will be provided if needed. All paddleboards and lifejackets included. Wear a bathing suit! Minimum: 4, Maximum: 12.

LOCATION: Bayside Beach
TIMES: 6:00 - 7:30 p.m.
COST: \$15 per person
REG. #: 110002D

Colchester Parks & Recreation

MOVIES

IN THE PARK

MOVIES IN THE PARK

BAYSIDE PARK: 6:30 P.M.

Friday, September 22
Saturday, October 21
(Family Friendly Halloween Movie!)

All films will be rated either G or PG. Please note that due to film licensing regulations, we cannot print and promote which movie we will screen. You can call our hotline number at 264-5645 to hear the full listing of movies that will be shown this fall!

PINK OUT THE PARK - 5K

Saturday, October 7, 2017

10:00 a.m. Bayside Park

This year Pink Out the Park is going to be extra special because we are celebrating our 5 year anniversary! Join us for this family fun event to benefit Making Strides Against Breast Cancer. Walk or run this scenic 5K in Colchester and make sure to wear those crazy pink costumes. The Pink Panther will be around for pictures and to cheer you across the finish line. Of course we will have lots of great prizes, raffles, live music, a survivor ceremony and more!!! Don't miss out on all the fun, register today at www.active.com. For more information contact Robin at 264-5620 or colchestercansurvive@gmail.com. LET'S PINK OUT THE PARK!

DINNER WITH SANTA

December 15, 2017

Santa has once again agreed to stop in Colchester on his way up to the North Pole to get ready for the holiday season. Santa is going to read the children a bedtime story! Join all the elves in the Colchester Parks & Recreation Department and Colchester Lions Club as they cook you a delicious 'breakfast' dinner. Then Santa will be waiting to read you his favorite holiday story. Wear your PJ's if you want! Dinner will be breakfast! Come for pancakes, eggs, and sausage. Maximum: 150.

LOCATION: Colchester Middle School, Cafeteria
TIMES: 6:15 - 7:15 p.m.
COST: \$10 Adults, \$5 Children, 2 & Under Free
REG. #: 105000A Adults, 105000A1 Children

LETTER FROM SANTA

Want to give your child or a child you know a special gift this year for Christmas? Why not get a letter from Santa himself straight from the North Pole. Submit your child's name and we will contact Santa's elves to have your child's name on Santa's List. Must register by November 17. **ADDITIONAL FORMS NEED TO BE FILLED OUT.**

MAILED OUT: Week of December 11, 2017
REGISTRATION: #105001A
FEE: \$5.00 per letter

35TH ANNUAL WINTER CARNIVAL

February 2, 3 & 4, 2018

Come on out to the carnival and visit with your friends, family and neighbors. Make sure to make your way to this fun-filled family event and celebrate winter with your community! Friday kicks off at the High School with a community talent show at 6:30 p.m. On Saturday a wide variety of indoor and outdoor activities, great performances and hands-on crafts are planned throughout the day. A full listing of activities will be available in January.

If you are interested in becoming a volunteer on the 2018 Winter Carnival Committee contact Colchester Parks & Recreation.

ENRICHMENT & ATHLETICS



MBS CAREGIVER/CHILD PLAYGROUP

Join us on Monday mornings at Malletts Bay School for a free caregiver/child playgroup. This is a great chance to visit with other Colchester parents while the children play in a beautiful early childhood classroom. Free play, songs, stories, crafts and snack are all part of our free playgroup experience. Just drop in! If you have questions, call MBS at 802-264-5900.

MON	9:00 - 11:00 a.m.	FREE
Location: MBS, EEE Rm		Facilitator: MBS, Staff

PLAYGROUP

Ages Birth - 5

We provide large and small motor activities, crafts, stories, and manipulatives as well as a socialization with children of the same age. Playgroups are a great way for families to connect with other families, find out about other resources in the area, and begin conversations about child development and parenting. If school is cancelled due to bad weather, so is playgroup. Playgroup also does not meet during school vacations or holidays. **Playgroup will not meet on October 20, November 22 or 24.** Maximum: 40.

WED & FRI	9/6 - 12/22	9:30 - 11:00 a.m.	FREE	190000A
Location: Colchester Meeting House, Downstairs		Facilitator: Colchester P&R		

PRESCHOOL MUSIC MAKERS

Ages 2.5 - 5

Preschoolers have lots of ideas and love to share them! This active class encourages your child's input and creativity and takes him or her to the next musical level by offering cooperative activities, echo songs, kazoos, dancing with ribbons, rhythm instruments, creative movement, beach ball games, "hands-on" instrument demonstrations (Trumpet and mandolin), parachute fun and LOTS of bubbles! (Babies and toddlers are allowed to enroll for this class, but ONLY if a preschool sibling is also enrolled.) Minimum: 6, Maximum: 14.

SAT	9/23 - 10/28	10:00 - 10:45 a.m.	\$55(R)/\$60(NR)	190005A2
SAT	11/11 - 12/16	10:00 - 10:45 a.m.	\$55(R)/\$60(NR)	190005B2
Location: Bayside Activity Center, 2 West Lakeshore Drive			Instructor: Ellie Tetrick	

BABY & TODDLER MUSIC MAKERS

Ages 6 weeks - 2.5 (For babies, toddlers and caregivers only....please, no older siblings.)

Enhance your child's natural love of music, while stimulating verbal, physical and social development. This fun, music and movement class features guitar sing-a-longs with instruments, knee bounces, peek-a-boo songs, finger plays, rhythm activities, dancing with ribbons, beach balls, lullabies, parachute fun and LOTS of bubbles! Minimum 6, Maximum 14.

SAT	9/23 - 10/28	11:00 - 11:45 a.m.	\$55(R)/\$60(NR)	190005A
SAT	11/11 - 12/16	11:00 - 11:45 a.m.	\$55(R)/\$60(NR)	190005B
Location: Bayside Activity Center, 2 West Lakeshore Drive			Instructor: Ellie Tetrick	

PRESCHOOL YOUNG REMBRANDTS

Ages 2 - 5

Young Rembrandts classes will challenge and excite your budding artist while preparing your child as a life-long learner. Drawings like the marbles will help your preschooler master the art of creating a circle, a deceptively simple yet complex shape. The acorn and apple tree drawing will strengthen your child's compositional skills and use of colors. Basic facial and figure drawing will also be addressed as our students learn to draw a funny clown and scarecrow. Minimum: 3, Maximum: 4.

MON	9/25 - 10/30	10:00 - 11:00 a.m.	\$75(R)/\$80(NR)	180015D
Location: Bayside Activity Center, 2 West Lakeshore Drive			Instructor: Young Rembrandts Instructor	

TOT HOP

Ages 3 - 5

Little ones hip hop class - how fun! This is an active class that combines dance for the little one bouncing around to fun hip hop music. The music is always age appropriate. Participants should wear comfortable clothes and clean/carried in sneakers or they can go barefoot. Minimum: 3, Maximum: 6.

WED	9/27 - 11/15	4:45 - 5:15 p.m.	\$94(R)/\$99(NR)	171004F
Location: Studio 3 Dance & Fitness, Creek Farm Plaza			Instructor: Studio 3 Dance Instructor	

ENRICHMENT & ATHLETICS



ZUMBA KIDS JR.

Ages 2 - 5

A dance party designed for our littlest movers and shakers and their caregiver! Participants will be engaged in easy to follow dances and games all while growing gross and fine motor skills, improving balance and coordination, and expanding memory and creativity. Each child must have a participatory caregiver (siblings with one caregiver is allowed). Minimum: 4, Maximum: 20.

TH	9/21 - 11/2 (skip 10/19)	9:30 - 10:15 a.m.	\$45(R)/\$50(NR)	180029A
TH	11/30 - 1/11 (skip 12/28)	9:30 - 10:15 a.m.	\$45(R)/\$50(NR)	180029B

Location: Bayside Activity Center

Instructor: Robyn Labreque

LIL MOVERS DANCE & TUMBLE

Ages 2.5 - 6

A fun dance, basic ballet and movement class that goes so quick! Games, stretching, technique, focus, tumbling and combinations will be instructed. Leggings, comfy dance clothes, ballet shoes or barefoot with footless tights. Super fun class for your little one! Minimum: 3, Maximum: 6.

SAT	9/23 - 11/11	8:15 - 9:00 a.m.	\$94(R)/\$99(NR)	171004A (Ages 4 - 6)
MON	9/25 - 11/13	4:30 - 5:00 p.m.	\$94(R)/\$99(NR)	171004B (Ages 2.5 - 3.5)
MON	9/25 - 11/13	4:15 - 5:00 p.m.	\$94(R)/\$99(NR)	171004C (Ages 3.5 - 5)
WED	9/27 - 11/15	4:45 - 5:30 p.m.	\$94(R)/\$99(NR)	171004D (Ages 3.5 - 5)

Location: Studio 3 Dance & Fitness, Creek Farm Plaza

Instructor: Studio 3 Dance Instructor

START SMART SOCCER

Ages 3 - 5

Start Smart Soccer is a six-week developmentally appropriate introductory soccer program for children. The program introduces children to soccer in a fun non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. Pre-registration is required. Children will receive 2 balls, shin guards and cones. Minimum: 8, Maximum: 15.

TUE	9/26 - 11/7 (skip: 10/31)	6:00 - 6:45 p.m.	\$70(R)/\$75(NR)	188010A
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Location: Bayside Park, meet at Pavilion

Instructor: Colchester Parks & Recreation Staff

START SMART BASKETBALL

Ages 3 - 5

Start Smart Basketball is a developmentally appropriate introductory basketball program that prepares children for organized basketball in a fun, non-threatening environment. Age appropriate equipment is used in teaching dribbling/ball handling, passing/catching, shooting and running/agility. All participants get 2 balls, 4 cones, and 1 scrimmage vest. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. Pre-registration is required. Minimum: 8, Maximum: 15.

TUE	11/14 - 12/19	6:15 - 7:00 p.m.	\$70(R)/\$75(NR)	188011A
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Location: Malletts Bay School, Cafeteria

Instructor: Colchester Parks & Recreation Staff

TINY TUMBLERS

Ages 3 - 5

A great outlet for those preschool jumpers and wigglers! Gymnastics is a fun way for girls and boys to build body awareness and is an excellent foundation for other sports. We'll learn jumps, cartwheels, rolls, balancing, parachute games, and more! One parent per child in this hands-on activity- some warm indoor winter exercise for both of you! Minimum: 5, Maximum: 8.

SAT	12/2 - 1/13 (skip 12/23)	12:30 - 1:15 p.m.	\$55(R)/\$60(NR)	180000A
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Location: Bayside Activity Center

Instructor: Karen Krajacic, Gymnastics Instructor

YOUNG REMBRANDTS, ENRICHMENT & A.C.E.



A.C.E.

(Active, Creative, Enrichment) Before & After School Program

*Colchester Middle School (After School Only)
Malletts Bay School (Before & After School)
Porters Point School (After School Only)
Union Memorial School (After School Only)*

The Program

The A.C.E. program incorporates Active, Creative and Enrichment components throughout the school year. The Active components will focus on sports, recreational games, outdoor games and lifetime skills activities. The Creative components will focus on food fundamentals, arts and crafts and quiet activities. We will incorporate special events, field trips and guest artists to achieve the enrichment component of the program.

For more information on availability contact Jennifer Turmel, Program Director for the Colchester Parks & Recreation Department at 264-5643 or e-mail jturmel@colchestervt.gov

FALL INTO YOUNG REMBRANDTS I

Grades K - 5

Back to school is in full swing as we present a bountiful selection of drawings that introduces our students to a fascinating world of color, pattern, and design. We say farewell to summer in our detailed still life drawing of a beach. We explore color usage and composition in our silly monster and fire truck drawings. In keeping with the season, our stylized fall leaves drawing challenges our technique and color scheme. Our students will learn cultural themes as they draw and color Kawaii inspired art. All this and more awaits your child in a Young Rembrandts classroom! Minimum: 6, Maximum: 16.

MON	9/18 - 10/23	2:50 - 4:00 p.m.	\$83(R)/\$88(NR)	180015A
Location: Porters Point School, Art Room			Instructor: Young Rembrandts	
TUE	9/19 - 10/24	3:00 - 4:15 p.m.	\$83(R)/\$88(NR)	180015B
Location: Union Memorial School, Art Room			Instructor: Young Rembrandts	
WED	9/20 - 11/1 (Skip: 9/27)	3:05 - 4:15 p.m.	\$83(R)/\$88(NR)	180015C
Location: Malletts Bay School, Art Room			Instructor: Young Rembrandts	

FALL INTO YOUNG REMBRANDTS II

Grades K - 5

Encourage your elementary student's enthusiasm for art and help develop their drawing skills with a Young Rembrandts drawing class. As we enter the months of November and December, we will present a variety of stellar lessons. The vibrant colors and intricate design of our patterned lion drawing will engage students and your heart will melt once you see the adorable Dalmatian your student will create. Your student will learn important artistic themes and concepts in our art history lessons. All this and more awaits your child in the Young Rembrandts classroom! Minimum: 6, Maximum: 16.

MON	10/30 - 12/11 (Skip: 11/20)	2:50 - 4:00 p.m.	\$83(R)/\$88(NR)	180015A1
Location: Porters Point School, Art Room			Instructor: Young Rembrandts	
TUE	10/31 - 12/12 (Skip: 11/21)	3:00 - 4:15 p.m.	\$83(R)/\$88(NR)	180015B1
Location: Union Memorial School, Art Room			Instructor: Young Rembrandts	
WED	11/8 - 12/20 (Skip: 11/22, 12/6)	3:05 - 4:15 p.m.	\$69(R)/\$74(NR)	180015C1 (5 weeks)
Location: Malletts Bay School, Art Room			Instructor: Young Rembrandts	

INTRODUCTION TO VIDEO JOURNALISM

Grades 3 - 5

Kids will have the opportunity to learn about the equipment used to create television programming and create their own short video projects to air on Lake Champlain Access Television channel 16. All participants will learn how to operate a video camera, get to direct and produce a short film piece and get an introduction into digital editing. Each child will receive a DVD of all of the projects completed during the class.

Minimum: 4, Maximum: 10.

TUE	9/19 - 10/24	3:05 - 4:15 p.m.	\$50(R)/\$55(NR)	180021A
Location: Malletts Bay School, Room TBD		Instructor: LCATV Staff		

ENRICHMENT



YOUTH KNITTING

Grades 3 - 5

Learn to knit or improve your knitting skills while enjoying the fun of knitting with a group. This class will offer the basics for first time knitters, as well as provide early and intermediate knitters with specific how-to's like buttonholes, cables, finishing, repairs, etc. and help with projects. All materials will be provided. Chris Heavner is a local instructor with 20+ years of experience. Minimum: 4, Maximum: 8.

TH	9/21 - 11/2 (skip: 10/19)	3:05 - 4:30 p.m.	\$75(R)/\$80(NR)	180020A
TH	11/9 - 12/21 (skip: 11/23)	3:05 - 4:30 p.m.	\$75(R)/\$80(NR)	180020B
Location: Malletts Bay School, Art Room			Instructor: Christine Heavner, The Traveling Knitter	

DISCOVERING DRAMA

Grades K - 2

Children will have a blast discovering their "inner actors" in this FUN beginner, after-school drama program! Activities will include active theatre games, improvising, singing, dancing, and exploring costumes. Come join the fun and learn the basics of drama! Please pack an extra snack for your child. Minimum: 8, Maximum: 12.

MON	9/25 - 10/30	3:05 - 4:30 p.m.	\$85(R)/\$90(NR)	181007A
Location: Union Memorial School, Art Room			Instructor: Ellie Tetric	

FRENCH 101: EXPLORING A NEW LANGUAGE

Grades 3 - 5

Bonjour! Come learn a new language through fun, hands-on activities, songs, videos and conversation! This program will offer students the chance to explore a new language, while learning the basics of French conversation. Have you ever wondered how kids from another country communicate? Come see how we can connect with all types of people through language and culture. Minimum: 6, Maximum: 12.

TH	10/26 - 12/7 (skip: 11/23)	3:05 - 4:30 p.m.	\$65(R)/\$70(NR)	160004A
Location: Malletts Bay School, TBD			Instructor: Renee Seyller, French Teacher	

KIDZ KUPCAKEZ

Ages 8 - 11

Come learn to make yummy cupcakes. We will decorate them to look like fun things. We may even get a little crazy and fill some of them! Do you love cupcakes? If so, then this is the class for you! Minimum: 4, Maximum: 8.

SAT	10/14	1:00 - 3:30 p.m.	\$35(R)/\$40(NR)	187002A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

KIDS CAN COOK

Ages 8 - 11

Join us as we prepare a 3 course meal (appetizer, entree and dessert). Nurture curiosity in this tasty class where you will practice creativity and culinary skills all while learning kitchen safety, develop healthy eating habits and most importantly have fun! Minimum: 4, Maximum: 8.

SAT	11/4	1:00 - 4:00 p.m.	\$35(R)/\$40(NR)	182100A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

KIDS SPA DAY

Ages 8 - 11

Those tests and homework got you looking forward to vacation? Feeling like your just so stressed from life and need a day away? Come join your friends for a day away with Colchester Parks & Recreation, as we host our youth SPA DAY. During this program, participants will be pampered with cucumbers over their eyes, facemasks, lotion, Mani's/Pedi's and much more as you spend a day away from the STRESS, hanging with Colchester's BEST! Minimum: 4, Maximum: 8.

SAT	12/9	1:00 - 3:00 p.m.	\$35(R)/\$40(NR)	130512A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

ENRICHMENT & ATHLETICS



LEGO PROGRAM SERIES: CARS 2: SMOKEY'S GARAGE

Grades K - 2, 3 - 5

Smokey's Garage: Give Lightning McQueen a service in Smokey's Garage after a hard day training on the racetrack. Drive the car up the ramp, change the tires, pick the tool accessories from the cabinet and role-play endless Disney•Pixar Cars 3 scenes with this fun LEGO® Juniors set. Includes a simple guide to build and play, and bigger pieces help build confidence in younger kids. LEGO Juniors is an age-appropriate build and play experience for ages 4-7. Includes Lightning McQueen, Junior Moon and Smokey LEGO Juniors characters. Kit Includes Lightning McQueen with his Rust-eze 95 decoration, Smokey and Junior Moon



characters from Disney•Pixar Cars. Features an Easy to Build garage set with a car ramp and yellow raised ramp, movable crane, wheeled tool kit cabinet and Smokey's Garage sign. Drive Lightning McQueen onto the yellow ramp and get ready for an overhaul. Build and rebuild Lightning McQueen until he's ready for the next racing competition! Come watch Cars 2 and enjoy an afternoon of fun and a movie with your friends! **REGISTRATION DEADLINE: OCTOBER 2.** Minimum: 5, Maximum: 12.

MON	10/16	3:05 - 5:00 p.m.	\$34(R)/\$39(NR)	181010A1
Location: Malletts Bay School, Art Room			Instructor: Colchester Parks & Recreation Staff	
TUE	10/17	2:50 - 4:45 p.m.	\$34(R)/\$39(NR)	181010B1
Location: Porters Point School, Art Room			Instructor: Colchester Parks & Recreation Staff	
WED	10/18	3:05 - 5:00 p.m.	\$34(R)/\$39(NR)	181010C1
Location: Union Memorial School, Art Room			Instructor: Colchester Parks & Recreation Staff	



LEGO PROGRAM SERIES: MOANA'S OCEAN VOYAGE

Grades K - 2, 3 - 5

Moana's Ocean Voyage: Launch Moana's boat with her mighty friend Maui and Heihei the rooster, then study the star map and eat delicious fruit as you sail along. But beware of the pesky Kakamora trying to steal the heart of Te-Fili from Moana on the way! Enjoy the ocean adventures and help transform the island back to a green and peaceful paradise. Enjoy in this fun all while watching the movie Moana and putting your Ocean voyage kits together with your friends! **REGISTRATION DEADLINE: October 30.** Minimum: 5, Maximum: 12.

MON	11/13	3:05 - 5:00 p.m.	\$58(R)/\$63(NR)	181010A
Location: Malletts Bay School, Art Room			Instructor: Colchester Parks & Recreation Staff	
TUE	11/14	2:50 - 4:45 p.m.	\$58(R)/\$63(NR)	181010B
Location: Porters Point School, Art Room			Instructor: Colchester Parks & Recreation Staff	
WED	11/15	3:05 - 5:00 p.m.	\$58(R)/\$63(NR)	181010C
Location: Union Memorial School, Art Room			Instructor: Colchester Parks & Recreation Staff	

UKULELE SCHOOL

Grades K - 2

Does your child want to learn to play a stringed instrument? Learning the ukulele is a great, FUN place to start! This six week after-school program will teach your child the basics of ukulele. Group lessons will include songs, melodies, simple chords and strumming patterns. Please make sure your child has an expressed interest in learning to play the ukulele, and understands that practicing leads to success. (Note: Ukulele and instruction book are NOT included in fee). Please pack an extra snack for your child. Minimum: 4, Maximum: 6.

WED	11/1 - 12/20 (Skip: 11/22&12/6)	3:05 - 4:15 p.m.	\$125(R)/\$130(NR)	181008A (Advanced)
MON	11/6 - 12/18 (Skip: 11/20)	3:05 - 4:15 p.m.	\$125(R)/\$130(NR)	181008B (Beginner)
Location: Union Memorial School, Library			Instructor: Ellie Tetrick	

HALF DAY PROGRAMS & ATHLETICS



1/2 DAY OF SCHOOL - CHILD CARE PROGRAM

Grades K - 5

Trying to figure out what you are doing with your children for the upcoming half days? Look no further! Don't worry about scrambling to find somewhere for your kids to go, keep them at the school with Parks & Recreation. There will be games, activities, crafts, movies and much more. Participants need to bring a lunch and snack for each day. Also appropriate clothing for outside. **Those in A.C.E. receive a discount, but must register through Rec Dept. Discount not available online.** Maximum: 45 (PPS,UMS), 60 (MBS).

WED	9/27	early dismissal - 5:30 p.m.	\$20(ACE)/\$30(non-ACE)	180017A (MBS)
WED	9/27	early dismissal - 5:30 p.m.	\$20(ACE)/\$30(non-ACE)	180017A1 (UMS)
WED	9/27	early dismissal - 5:30 p.m.	\$20(ACE)/\$30(non-ACE)	180017A2 (PPS)
Location: Cafeteria of corresponding school			Instructors: Colchester Parks & Recreation Staff	
WED	12/6	early dismissal - 5:30 p.m.	\$20(ACE)/\$30(non-ACE)	180017B (MBS)
WED	12/6	early dismissal - 5:30 p.m.	\$20(ACE)/\$30(non-ACE)	180017B1 (UMS)
WED	12/6	early dismissal - 5:30 p.m.	\$20(ACE)/\$30(non-ACE)	180017B2 (PPS)
Location: Cafeteria of corresponding school			Instructors: Colchester Parks & Recreation Staff	

SCHOOL BREAK DANCE AND FUN CAMP!

Ages 6 - 12

A great two days of dance, fun, crafts, games – all around jammed packed days! Your kiddo will learn fun dances and choreography. We will have a great time with group games and activities. Arts and crafts will be a part of these two great days. And if weather allows, nature walks and library visits! All ends with ice cream social at 2:30 pm TGIF! Super fun, relaxed, safe environment. Comfy clothes, bagged lunch (no peanut products), water, snacks, sneakers, socks and flip flops! Certainly makes for a great two days! Minimum: 8, Maximum: 12.

TH & FRI	10/19 & 10/20	9:00 a.m. - 3:00 p.m.	\$106(R)/\$111(NR)	171001A
Location: Studio 3 Dance & Fitness			Instructor: Studio 3 Dance & Fitness Instructor	

EVOKIDS AFTER SCHOOL YOGA ADVENTURES

Grades K - 2

Evolution Prenatal & Family Yoga Center is branching out! After school is a perfect time to practice yoga, mindfulness, and to get some wiggles out through creative themes and movement. Yoga helps children become attuned to their bodies inside and out. Each week, participants will learn yoga poses, mindfulness activities and relaxation techniques through games, creative movement, and songs. EvoKids yoga helps to build self-confidence and self-awareness, manage emotions, and promote a healthy lifestyle. The goal of this class is to leave your child relaxed and happy. Please visit www.evolutionprenatalandfamily.com for more information. Minimum: 5, Maximum: 10.

WED	9/13 - 10/25 (Skip: 9/27)	3:05 - 4:15 p.m.	\$88(R)/\$93(NR)	180007A
Location: Union Memorial School, Art Room			Instructor: Melissa Nutting	
WED	11/1 - 12/20 (Skip: 11/22, 12/6)	2:50 - 4:05 p.m.	\$88(R)/\$93(NR)	180007B
Location: Porters Point School, Art Room			Instructor: Melissa Nutting	

GIRLS GYMNASTICS

Grades K - 2, 3 - 5

Gymnastics builds strength, coordination, flexibility and confidence! This class is a great introduction to the basics of floor exercise, vault, and balance beam, and structured so each student can progress at her own pace. On the last day of the class, gymnasts put on a "show" for friends and family to come cheer them on! Bring a water bottle, and Gr. 3-5 bring an after-school snack. Minimum: 5, Maximum: 8.

TH	10/26 - 12/7 (skip 11/23)	3:05 - 4:30 p.m.	\$75(R)/\$80(NR)	180008A (Gr. 3 - 5)
TH	10/26 - 12/7 (skip 11/23)	4:50 - 5:50 p.m.	\$75(R)/\$80(NR)	180008A1 (Gr. K - 2)
TUE	12/5 - 1/23 (skip 12/26 & 1/2)	3:05 - 4:30 p.m.	\$75(R)/\$80(NR)	180008B (Gr. 3 - 5)
TUE	12/5 - 1/23 (skip 12/26 & 1/2)	4:50 - 5:50 p.m.	\$75(R)/\$80(NR)	180008B1 (Gr. K - 2)
Location: Malletts Bay School, Gym			Instructor: Karen Krajacic, Gymnastics Instructor	

ATHLETICS



ZUMBA KIDS

Grades K - 5

Kids get the chance to be active and jam out to their favorite music! Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun! Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness. Participants should bring a healthy snack, water bottle, comfortable clothes, and sneakers. Minimum: 4, Maximum: 13.

TH	9/21 - 11/2 (skip: 10/19)	3:00 - 4:30 p.m.	\$45(R)/\$50(NR)	180029A
Location: Union Memorial School, Art Room		Instructor: Robyn Labrecque, Certified Zumba Instructor		
TH	11/30 - 1/11 (skip: 12/28)	3:05 - 4:30 p.m.	\$45(R)/\$50(NR)	180029B
Location: Malletts Bay School, Art Room		Instructor: Robyn Labrecque, Certified Zumba Instructor		

YOUTH TENNIS CLINIC

Ages 8 - 11

This program will focus on the fundamentals of tennis. Our staff will teach correct form, strokes and rules through a variety of drills and games, while introducing the participants to the fun and passion behind the game of Tennis. Racquets will be provided if needed. Minimum: 4, Maximum: 10.

SAT	9/23 - 10/28	10:00 - 11:00 a.m.	\$40(R)/\$45(NR)	103000A
Location: Bayside Park, Upper Tennis Courts			Instructor: Jim Olson	

DANCE CLASSES

Ages 5 - 18

Hip Hop: These classes are perfect for all levels – super upbeat, great music and tons of fun! Bring water, comfy clothes, and no jeans! Carry in your clean sneakers and lots of energy! Great for guys and girls! Older classes are more intermediate level. **Ballet:** A traditional ballet classes with center, barre, stretching, and across the floor. A wonderful class for your beautiful ballerina. Traditional ballet attire, hair in braids or bun, ballet shoes needed. Minimum: 3, Maximum: 6.

SAT	9/23 - 11/11	9:00 - 10:00 a.m.	\$106(R)/\$111(NR)	171005A (Ballet: Ages 6 - 9)
SAT	9/23 - 11/11	10:15 - 11:15 a.m.	\$106(R)/\$111(NR)	171005A1 (Ballet: Ages 9 - 12)
SAT	9/23 - 11/11	9:30 - 10:15 a.m.	\$94(R)/\$99 (NR)	171005B (Hip Hop: Ages 5 - 7)
MON	9/25 - 11/13	5:15 - 6:15 p.m.	\$106(R)/\$111(NR)	171005C (Hip Hop: Ages 6 - 9)
MON	9/25 - 11/13	6:00 - 7:00 p.m.	\$106(R)/\$111(NR)	171005C1 (Hip Hop: Ages 9 - 12)
MON	9/25 - 11/13	7:00 - 7:45 p.m.	\$106(R)/\$111(NR)	171005C2 (Hip Hop: Ages 13 - 18)
WED	9/27 - 11/15	5:30 - 6:25 p.m.	\$106(R)/\$111(NR)	171005D (Hip Hop: Ages 7 - 10)
WED	9/27 - 11/15	7:30 - 8:15 p.m.	\$94(R)/\$99(NR)	171005D1 (Hip Hop: Ages 13 - 18)

Location: Studio 3 Dance & Fitness

Instructor: Studio 3 Dance & Fitness Instructor

AFTER SCHOOL BOWLING

Grades K - 5

Bus transportation will be provided each week from Union Memorial, Porters Point and Malletts Bay Schools to Spare Time Entertainment. All children must ride the bus with the Spare Time representative. Parents are responsible for pick up between 5:00 – 5:15 pm and will need to sign out their children each week. Participants will receive two games of bowling, shoes and a free pizza party on the final week of the program. The snack bar is open with food/meals priced at a flat \$5 and kids are called up by lane number. Minimum: 30, Maximum: 70.

TUE	9/26 - 10/31	2:45 - 5:15 p.m.	\$107(R)/\$112(NR)	180002A (PPS)
TUE	9/26 - 10/31	3:10 - 5:15 p.m.	\$107(R)/\$112(NR)	180002B (UMS)
TUE	9/26 - 10/31	3:00 - 5:15 p.m.	\$107(R)/\$112(NR)	180002C (MBS)

Location: Spare Time, 215 Lower Mountain View Drive

Instructor: Spare Time Staff

MARTIAL ARTS



TINY TIGERS KEMPO KARATE

Ages 5 - 6

A blend of focus and fun, this 40-minute class is perfect for ages 5 and 6. We introduce the art of Kempo Karate with a focus on life skills and personal development. Students enjoy a lively and fun routine that is great for a child's motor development. They participate in the basic blocking and striking drills which provide a perfect outlet for an energetic child while building self-confidence and self-control. The class ends with a game that engages kids and fosters physical literacy. Includes uniform. Maximum: 2.

MON	9/11 - 10/16	4:00 - 4:40 p.m.	\$75(R)/\$80(NR)	150027A
WED	9/13 - 10/18	5:10 - 5:50 p.m.	\$75(R)/\$80(NR)	150027B
FRI	9/15 - 10/20	4:30 - 5:10 p.m.	\$75(R)/\$80(NR)	150027C

Location: Martial Way, 73 Prim Road

Instructor: Dave Quinlan, Martial Way

JR. BRAZILIAN JIU JITSU

Ages 7 - 9

Brazilian Jiu-Jitsu is a form of wrestling that is perfect for active, "hands-on" kids who need a safe, sportsman-like, and vigorous outlet for their energy. This class is structured with a fast-moving pace that allows kids to learn the required skills while practicing in a high-energy format. Because it does not include punching, kicking, or striking techniques, Junior Brazilian Jiu-Jitsu allows students to safely spar with a more realistic level of resistance than they could with "impact" martial arts such as Karate. Further, it provides kids with a practical means of self-defense that can be applied with a low level of force. Includes uniform. Maximum: 6.

MON	9/11 - 10/16	4:50 - 5:35 p.m.	\$75(R)/\$80(NR)	150025A
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Location: Martial Way, 73 Prim Road

Instructor: Dave Quinlan, Martial Way

JUNIOR KEMPO KARATE

Ages 7 - 9

A blend of discipline and fun, this 45-minute class is perfect for ages 7-9. This class combines the action and excitement of the martial arts with a functional fitness regimen taught in a responsible and age-appropriate manner. Emphasis is on safety first and proper form, in everything from learning how to fall safely to how to block and evade. Students at this level are taught the basic guidelines for ethical use of force, at an age-appropriate level, as well as non-violent conflict resolution. The overall emphasis is on high performance in a supportive and fun environment. Includes uniform. Maximum: 2.

WED	9/13 - 10/18	4:15 - 5:00 p.m.	\$75(R)/\$80(NR)	150029A
FRI	9/15 - 10/20	5:15 - 6:00 p.m.	\$75(R)/\$80(NR)	150029B

Location: Martial Way, 73 Prim Road

Instructor: Dave Quinlan, Martial Way

TAEKWON-DO & CHARACTER DEVELOPMENT

Grade K - 2 (PPS), Ages 4 - 6 (Dragons), 7 - 11 (Novice)

Does your child have everything they need for back to school? CONFIDENCE? SELF-ESTEEM? Your children will love this exciting blend of our popular high energy Taekwon-do classes fused together with our character development and life skill program. These classes are sure to inspire and bring a smile to any child's face. Your child will learn to set short and long term goals helping build an "I can do it" attitude while having the time of their life. Whether this is their first time trying Martial Arts or wanting to try it again, we have programs available for all levels. Sign up early as classes fill quickly. Our classes are taught by experienced instructors in a family friendly environment. Uniform is included. Participants can attend all age specific classes. Minimum: 10, Maximum: 20 (PPS), Maximum: 10 (Dragons), Maximum: 20 (Novice).

MON & TH	9/18 - 10/26	4:30 - 5:00 p.m.	\$99(R)/\$104(NR)	120001A (Dragons)
Location: Fusion Taekwon-Do, 110 Elm Court			Instructor: Damir Alisa	
MON & TH	9/18 - 10/26	5:00 - 5:45 p.m.	\$99(R)/\$104(NR)	120001A1 (Novice)
Location: Fusion Taekwon-Do, 110 Elm Court			Instructor: Damir Alisa	
TH	9/21 - 10/26	2:50 - 4:00 p.m.	\$54(R)/\$59(NR)	120001A2 (Gr. K-2)
Location: Porters Point School, Art Room			Instructor: Damir Alisa	

CYBL & KINDERGARTEN ACADEMY



COLCHESTER YOUTH BASKETBALL LEAGUE (CYBL)



Grades 1 - 8

Colchester Youth Recreational Basketball League promises to be a fun season. There will be designated practices for players in Grades 1 - 8. Participants will be assigned to teams, with practices once a week and games on Saturdays. Games will be played at Malletts Bay School and Colchester Middle School. Grades 5-6 and 7-8 will have the chance to travel to play teams from surrounding communities.



CYBL League Format:

- Grades 1 - 2 Coed
- Grades 3 - 4 Boys & Girls
- Grades 5 - 6 Boys & Girls
- Grades 7 - 8 Boys & Girls

CYBL REGISTRATION FORM IS LOCATED ON THE NEXT PAGE OF THIS BROCHURE, AT THE RECREATION DEPARTMENT, OR ONLINE AT www.colchestervt.gov/346/Youth-Basketball-League

VOLUNTEER COACHES NEEDED!

Sign-up on basketball registration form under Volunteer Support or contact Colchester Parks & Recreation at 264-5640 or ispivey@colchestervt.gov
TRAINING WILL BE PROVIDED

2017 - 2018 Season:

November 13 - February 17

1 hour practice per week, per team between the hours of 6:00 - 9:00 p.m. on assigned weekdays, plus 1 hour games on Saturdays. Game times to be determined, times will vary between 8 am - 4 pm. Schedule will be available mid-December.

Games will begin Saturday, January 6th

Grades 1 - 2: Early Bird: \$55.00 (After 10/20 \$65.00)
 (\$40.00 (\$50.00 after 10/20) if you have CYBL jersey)

Grades 3 - 4: Early Bird: \$60.00 (After 10/20 \$70.00)
 (\$45.00 (\$55.00 after 10/20) if you have CYBL jersey)

Grades 5 - 8: Early Bird: \$65.00 (After 10/20 \$75.00)
 (\$50.00 (\$60.00 after 10/20) if you have CYBL jersey)

\$5.00 less per sibling

Register TODAY! Early Bird discount expires October 20th. No registration will be accepted after December 22nd.

KINDERGARTEN BASKETBALL ACADEMY



Grade K

This program is perfect for your boys and girls to learn proper techniques before joining the Colchester Basketball League in the First Grade. Your child will learn teamwork, ball-handling and shooting skills through our station based practice plans while using age-appropriate equipment. All you need are sneakers! Parent volunteers needed. To volunteer contact Isaac Spivey at ispivey@colchestervt.gov The CYBL Registration is not needed for this program, please fill out the regular registration on page 23.

Minimum: 10, Maximum: 45.

SAT 1/13 - 2/17
Location: Malletts Bay School, Gym

8:00 - 8:45 a.m.

\$40(R)/\$45(NR)

Coaches: Colchester Youth Basketball League

510000H

COLCHESTER YOUTH BASKETBALL LEAGUE 2017/2018 SEASON REGISTRATION FORM

Player Name: _____ Birth date: ____/____/____ Age: ____ Grade: ____ Gender: M F

Address: _____ Parents Name: _____

City: _____ State: _____ Zip: _____ E-Mail: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact #1 _____ Phone: _____ Cell Phone: _____

Emergency Contact #2 _____ Phone: _____ Cell Phone: _____

Special Needs: _____ Last Years Team Name: _____

Is there a day of the week that you can not practice on?: _____

Allergies & Other Medical Conditions: _____

Medications: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and volunteers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in CYBL through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

MEDICAL RELEASE

I hereby grant consent to any and all health care providers designated by Colchester Parks & Recreation Department to provide my child _____ (child's full name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation by Colchester Rescue to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

PARTICIPANT JERSEY INFORMATION:

All CYBL players will wear reversible jerseys during games. Jerseys are yours to keep to be used for future CYBL seasons. Does your child have a jersey from last year? Yes _____ No _____ *If you are wear a previous jersey what is the jersey number:* _____

Jersey Size (circle one): YS YM YL S M L XL

VOLUNTEER SUPPORT:

Colchester Youth Basketball is a volunteer based activity. Your participation and support is vital to the continued success of the programs for the children of our community. Please indicate below where you may be able to invest your time, energy, or talent to make this program better than ever. Thank you for volunteering! (check all that apply)

_____ Coach _____ Asst Coach _____ Score Keeper (grades 5 - 8)

REGISTRATION FEES:

Grades 1-2: \$55.00 (\$40 if you have CYBL Jersey) Registration Code: 510000A: Coed Need Jersey / 510000A1: Coed Have Jersey

Grades 3-4: \$60.00 (\$45 if you have CYBL Jersey) Registration Code: 510000B: Boys Need Jersey / 510000B1: Boys Have Jersey

510000C: Girls Need Jersey / 510000C1: Girls Have Jersey

Grades 5-8: \$65.00 (\$50 if you have CYBL Jersey) Registration Code: 510000D: Boys Need Jersey / 510000D1: Boys Have Jersey

510000E: Girls Need Jersey / 510000E1: Girls Have Jersey

\$5.00 off each additional sibling / Add \$10 to registration fee if registering after October 20, 2017

PAYMENT INFORMATION:

Check # _____ Cash: _____ Credit Card: _____

Total Amount: _____

Check Policy: \$25.00 service fee for all returned checks

Checks should be filled out & mailed to:

Colchester Parks & Recreation, 781 Blakely Rd, Colchester, VT 05446

For more information call Parks & Recreation: 802-264-5640

Please Circle Card Type: Visa MasterCard

Name on Card: _____ Expiration: ____/____

Credit Card #: _____

Signature of Cardholder: _____

TEEN & FAMILY PROGRAMS



HUNTER SAFETY - COMBO

Ages 13+

If you are interested in developing skills in safe firearms and bow handling, marksmanship, wildlife conservation and management, and outdoor skills, then this is the class for you. State requirements for a Vermont Combination Hunting License will be met. Participants must register with the Parks & Recreation Department and attend all classes. PLEASE NOTE: ALL DATES MANDATORY TO RECEIVE CERTIFICATION. Mandatory field day: TBD weekend of October 28th. Maximum: 20.

TUE	9/12 - 10/24 (Test Date: 10/27)	6:00 - 8:30 p.m.	FREE	140001A
Location: Colchester Police Department, Kirker Room, 835 Blakely Road			Instructor: Colchester Police Officers	

TEEN KEMPO KARATE

Ages 10 - 14

This group bridges the Junior and Adult Kempo Programs. While still employing the philosophy and practice of making learning fun, the Teen Kempo Karate class offers more serious training, more challenging workouts, and more sophisticated self-defense concepts and techniques than in the programs for younger children. Includes uniform. Maximum: 2.

TH	9/14 - 10/19	4:15 - 5:00 p.m.	\$75(R)/\$80(NR)	150026A
Location: Martial Way, 73 Prim Road			Instructor: Dave Quinlan, Martial Way	

FAMILY FLY FISHING

Ages 10+

Learn a hobby as a family that can last a lifetime! Spend a weekend with a local, professional fly fishing guide and instructor learning and applying new skills in fly fishing. Day one will consist of instruction and practice in fundamentals of fly fishing and fly tying. Day two will offer an opportunity to practice your new skills on a river or stream in a guided outing (location TBD depending on conditions). All equipment and tackle will be provided! NOTE: Any participant age 15 or over must have in their possession a valid Vermont fishing license. Minimum: 6, Maximum: 10.

SAT & SUN	9/23 - 9/24	10:00 a.m. - 4:00 p.m.	\$125(R)/\$130(NR)	140008A
Location: Colchester Rescue			Instructor: Mark Wilde, Uncle Jammer's Guide Service	

BABYSITTING TRAINING COURSE

Ages 10 - 15

The Safe Sitter program includes instruction in babysitting skills and techniques that include: care of choking infant/child, infant & child CPR, injury prevention and management, safety for the sitter, child care essentials, behavior management and babysitting as a business. Each participant must pass a written and practical exam. Participants must bring a lunch, snack and drinks. Minimum: 10, Maximum: 16.

TH	10/19	9:00 a.m. - 3:00 p.m.	\$65(R)/\$70(NR)	180003A
Location: Bayside Activity Center			Instructor: Safe Sitter Certified Instructors	

SAT BOOTCAMP

Grades 10 - 12

Now in its eleventh year, SAT Bootcamp teaches proven strategies for this high-stakes test in a unique four-hour format. Emphasizing strategy over content, the interactive workshop prepares students for both the SAT and PSAT. SAT Bootcamp reduces test anxiety through thorough familiarization and practice with the Reading, Writing and Language, and Math sections, and increases test-taking confidence. Students will also come away with a clear idea of the sections on which they need to focus further study. Enroll early, space is limited! For more information on this SAT/PSAT Prep course and additional information on the importance of this boot camp please check www.satbootcampvt.com. Minimum: 10, Maximum: 16.

SAT	10/28	8:30 a.m. - 12:30 p.m.	\$182(R)/\$187(NR)	140021B
Location: Colchester High School, Room TBA			Instructor: Lauren Starkey & Stacey Anthony	

ENRICHMENT



ADVANCED BEGINNER FIDDLE

Ages 18+

This class will be a continuation of the Beginner Fiddle class. Those with some prior experience who did not take the first class are also welcome to participate. Participants should know how to play a D scale (or notes on the D and A strings) and be able to manage a simple tune such as "Twinkle, Twinkle Little Star" at a slow pace. We'll learn how to play simple fiddle tunes by ear as well as further each player's depth of knowledge about form, ergonomics and about fiddling in general. Bring your own violin, or rent one for the month from the Vermont Violin Shop. *Violin Rentals from Vermont Violins:* Vermont Violins will offer a special rate on violin rentals: \$25/four-week session. Violin rentals must be requested directly from Vermont Violins at this web address: <http://www.vermontviolins.com/colchester-rental>. The instructor will bring your rental to the first class. Minimum: 3, Maximum: 10.

TUE	9/19 - 10/10	7:30 - 8:30 p.m.	\$60(R)/\$65(NR)	160002A
TUE	10/31 - 11/28 (skip: 11/21)	7:30 - 8:30 p.m.	\$60(R)/\$65(NR)	160002B
Location: Bayside Activity Center			Instructor: Sarah Hotchkiss, Woodbury Strings	

INCREDIBLE EMPANADAS WITH CHEF CONTOS

Ages 18+

We are excited to have nationally-recognized Chef Courtney Contos visiting us a second time this year! Voted "One of the Best Cooking Schools in the World" by Food & Wine Magazine, Chef Contos will be bringing her culinary expertise and exceptional cooking instruction to the Bayside Activity Center in this Empanada 101 class. You will learn to prepare two types of empanadas including two different types of dough, filling and sauces. One will be gluten free. Menu: Corn Empanada with Picadillo (Cuban beef filling) served with Mojo & Flour Pastry Empanadas filled with Beans & Cheddar Cheese served with Hearts of Palm Salsa. Chef Contos' classes always fill quickly, and you won't want to miss it! Minimum: 6, Maximum: 12.

WED	9/27	5:30 - 7:30 p.m.	\$72(R)/\$77(NR)	170024A
Location: Bayside Activity Center			Instructor: Chef Contos	

INTRO TO NIGHT SKY PHOTOGRAPHY

Ages 18+

Capturing photos at low light is a craft one in its own! Join local photographer Brian Drourr to learn how to take some stunning photos of a starry night sky or aurora borealis in this 3-hour nighttime course. We'll setup outside at Bayside Park and work with taking multiple long exposure photographs to create clear, eye-catching photos right here in our beautiful location. Want to see some examples? Visit Brian's Facebook page (@BrianDrourrPhotography) or Instagram (@darkskychaser) to see some of his work. **All students will need a DSLR camera, wide angle lens, tripod, and remote trigger.** Minimum: 6, Maximum: 10.

FRI	10/20	8:00 - 11:00 p.m.	\$52(R)/\$57(NR)	121213A
Location: Bayside Activity Center			Instructor: Brian Drourr	



PHOTOGRAPHY 101

Ages 18+

This 6-week course will focus on how to use a Digital Single Lens Reflex (DSLR) camera to its full potential, from basic point-and-shoot to capturing images in manual shooting mode. We'll cover fundamental elements, such as shutter speeds, flash, aperture sizes, focal lengths, white balance, ISO sensitivity, dealing with digital photo files, and more. Dress for the weather, as we'll be going outside to capture some photos around Bayside Park and Malletts Bay. **All participants must have their own DSLR camera.** Minimum: 5, Maximum: 10.

TH	11/2 - 12/14 (skip: 11/23)	6:30 - 7:30 p.m.	\$82(R)/\$87(NR)	121213B
Location: Bayside Park			Instructor: Brian Drourr	

ENRICHMENT & FITNESS



INTRO TO SEWING

Ages 18+

This course will focus on all basic machine sewing skills. Topics covered include: fabrics, marking, pinning, threads, cutting and pressing, sewing straight lines and zigzags, seam finishing, inserting elastic, making ruffles, sewing in a zipper, and much more. Your instructor, Nicole, is a certified Master Seamstress, with 40+ years of sewing experience, who can teach you everything you want to learn about sewing and quilting.

Participants will need their own sewing machine for this course. If you don't have a sewing machine, you can purchase one from the quilt shop, or rent one for \$15. All participants will also need a basic sewing kit; you can purchase one with all the necessary materials for \$99 using code 160006-A1. For more details on kits, sewing machines, or topics in this class, please call Sunny Laurel Sisters Quilt Shop at (802) 872-5363. Minimum: 2, Maximum: 6.

SUN	10/1 - 11/19 (skip: 10/8 & 10/29)	2:00 - 3:30 p.m.	\$179(R)/\$184(NR)	160006A
		BASIC SEWING KIT:	\$99	160006A1

Location: Sunny Laurel Sisters, 3424 Roosevelt Hwy

Instructor: Nicole Laurencelle

PICKLEBALL: FALL TUNE-UP AT BAYSIDE

Ages 30+

This clinic is for intermediate players only. Are you ready to take your Pickleball game to the next level? Join Ron Tofani at Bayside Park for this fall tune-up with skills and drills. This clinic will help players gain a better sense of the court and advance their skills in returning a serve, directional hitting, "the third hit," offensive serving, put-aways, and various advanced strokes. Players must have a dependable serve and be able to play a mid-level game. This clinic is not for beginners. Wear athletic clothing and sturdy sneakers, and bring a water bottle. Loaner paddles are available. Minimum 4, Maximum: 10.

TUE	9/12	5:30 - 7:00 p.m.	\$5(R)/\$10(NR)	150008A
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Location: Bayside Park, Lower Tennis Courts

Instructor: Ron Tofani

SUPYO (STAND UP PADDLEBOARD YOGA)

Ages 16+

If you're looking for a new challenge, yoga on a stand up paddleboard will reinvigorate you and help you become calm & healthy. SUP Yoga aims to introduce you to a unique yoga experience while enjoying the natural splendor of floating on water. We are here to ease you into this exciting and relaxing experience in beautiful Malletts Bay. All equipment is provided in the class and our certified instructors from Yoga Vermont will teach you everything you need to know so don't worry if you are a beginner. Be empowered through your breath and balance to follow your bliss. If you own your own paddle board discounts are available! **Walk-ons accepted if space allows for \$25 per class.** Maximum: 10.

SAT	9/23 - 10/14	9:00 - 10:30 a.m.	\$65(R)/\$70(NR)	110004A (need board)
SAT	9/23 - 10/14	9:00 - 10:30 a.m.	\$50(R)/\$55(NR)	110004A1 (bring own board)

Location: Bayside Beach

Instructor: Yoga Vermont

JAZZERCISE

Ages 18+

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast! It's a calorie-torching, hip-swiveling dance party with a hot playlist to distract you from the burn. Unlimited classes including formats such as Dance Mixx, Interval, Strike, Fusion, Strength, Core and more. Take the impact high or LO with high intensity. Ages 22 and up, as 16 - 21 year olds are FREE for the rest of 2017, so sign up and bring them with you! (All classes accommodate low-impact movements, but our LO Class is best.) Choose from an unlimited pass to use through the end of the year, or a 10-class punch pass. All passes must begin by 10/1/17; you'll receive your pass at the first class you attend.

Days & Times vary, visit www.jazzercise.com for full listing of classes	\$129(R)/\$134(NR)	130501A (unlimited)
Days & Times vary, visit www.jazzercise.com for full listing of classes	\$69(R)/\$74(NR)	130501B (10 class)

Location: Jazzercise Colchester Fitness Ctr, 69 Creek Farm Rd, Ste 2

Instructor: Pam Fontaine

ATHLETICS & FITNESS



ADULT BASKETBALL

Ages 18+

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school, ages 18 and older. **TIMES ARE SUBJECT TO CHANGE.** Players must bring a dark and light jersey with them each night.

TH	9/7 - 12/21 (skip: 10/19 & 11/23)	7:30 - 9:30 p.m.	\$5 Per Night
Location: Colchester Middle School, Gym		Facilitator: Jim Park	

PRE-SEASON VOLLEYBALL

Ages 18+

This is a great opportunity to try your skills, check out the level of play and pick up a few extra nights of exercise before the volleyball season starts. Pay & sign-in each night of play at the gym. Maximum: 22.

MON & WED	9/6 - 9/18	7:30 - 9:30 p.m.	\$5 Per Night
Location: Colchester Middle School, Gym		Facilitators: Bill Syverson & Pat Spacapan	

PICK-UP VOLLEYBALL

Ages 18+

Join other volleyball players for an extra night of fun and exercise. Games will be played involving team strategy at the Intermediate/Advanced level. Courts may be assigned depending on the number and skill level of participants. **TIMES ARE SUBJECT TO CHANGE.** Walk on allowed \$5/night if space allows. Maximum: 22.

WED	9/20 - 12/20 (skip: 11/22 & 12/6)	7:30 - 9:30 p.m.	\$45(R)/\$50(NR)	101000A
Location: Colchester Middle School, Gym		Facilitator: Pat Spacapan		

COED VOLLEYBALL - LEVEL II

Ages 18+

Coed Volleyball is for players who use proper technique and team strategy in their play. Players need to be at an intermediate/advanced intermediate level of play. This is not a program for novice players. Please check your level at one of our pre-season volleyball times. **TIMES ARE SUBJECT TO CHANGE.** Walk on allowed \$5/night if space allows. Maximum: 22.

MON	9/25 - 12/18 (skip: 11/20)	7:30 - 9:30 p.m.	\$45(R)/\$50(NR)	102000A
Location: Colchester Middle School, Gym		Facilitator: Bill Syverson		

KICKBOX SCULPT

Ages 16+

This class is a trifecta of hard, core exercises using Kickboxing techniques, ropes, and weights! Different drills of each will not only burn fat, but completely tone and reshape your body. Get ready to work hard: this class is intense! Minimum: 5, Maximum: 10.

WED	9/13 - 10/18	6:45 - 7:45 p.m.	\$70(R)/\$75(NR)	130124A
Location: Colchester Health & Fitness, Prim Road		Instructor: Stacey Mercure, Colchester Health & Fitness		

RUNITY FOR WOMEN (WOMEN'S RUNNING PROGRAM)

Ages 18+

Considering a late fall 5k? Want to run but it hurts? Runity is a new training program designed to help you build up to distance running through total body fitness. You'll be taught specific exercises which open tight shoulders and hips, and condition the foot, hip and core. This weekly class uses an interval training style with focus is on alignment, ease, tempo and breath, and instructed in a way that will help you become a runner. Mary Grunvald is a physical therapist, has been a mentor for FirstStrides (a beginning run/walk program to empower women), and is a trained Runity Coach. Runity coaches are taught by master trainers and all exercises are backed by current research. Minimum: 4, Maximum: 12.

TH	9/14 - 10/19	6:00 - 6:45 a.m.	\$66(R)/\$71(NR)	130099A
Location: Bayside Activity Center		Instructor: Mary Grunvald, PT, Runity Coach		

ATHLETICS & FITNESS



WAKE UP WORKOUT - 10 CLASS PUNCH PASS

Ages 18+

This class offers a high-intensity total body workout during each session. We will utilize various forms of interval training, weight training and suspension training to maximize efficiency within these 45 minute workouts. Participants can expect a fun, energetic and challenging experience each session. Classes are instructed by Physical Therapists and Athletic Trainers giving us the ability to work with and around certain chronic or acute injuries. For more information, please call the Colchester ReHabGYM at 802-861-0111. Maximum: 15.

TUE, TH	9/12 - pass is used	6:00 - 6:45 a.m.	\$80(R)/\$85(NR)	130111A
Location: The RehabGYM in Colchester		Instructors: Sara St. Gelais, DPT or Jill Fitz-Gerals, DPT		

USE IT TO LOSE IT

Ages 18+

The RehabGYM is seeking participants for its Use it to LOSE it Program! If you are looking to lose weight and improve your current health and well-being, then this class is for you! Within this 12-week program, we will focus on improving cardiovascular health, strength, nutritional habits and aide in implementing strategies for stress management. You will undergo weekly weigh-ins and monthly assessments to help track progress along the way. Our program is run in a medically-oriented facility that promotes a welcoming environment, giving us the ability to accommodate a wide range of abilities. For more information or to see if this program is a good fit for you, please call the Colchester ReHabGYM at 802-860-0111. Maximum: 15.

TUE, TH	9/12 - 11/28	7:00 - 8:00 a.m.	\$225(R)/\$230(NR)	160016B
TUE, TH	9/12 - 11/28	5:30 - 6:30 p.m.	\$225(R)/\$230(NR)	160016C
Location: The RehabGYM in Colchester		Instructors: Eric Place, ATC or Amanda Bottiggi, PT		

ADULT TAP INTERMEDIATE LEVEL

Ages 18+

A fun, upbeat, energizing tap class! Teaching technique and choreography. Tap shoes needed – comfy clothes to dance in. Great classes for those who've had some tap prior or it's been a while!

Minimum: 1, Maximum: 6.

MON	9/25 - 11/13	6:00 - 7:00 p.m.	\$106(R)/\$111(NR)	160013A
Location: Studio 3, Creek Farm Plaza		Instructor: Studio 3 Dance Instructor		

POUND ROCKOUT WORKOUT

Ages 13+

Pound is a rhythm-based routine that combines light resistance using Rip Stix to simulate drumming to the beat of the music, all while burning tons of calories. It's a fusion of Cardio and Pilates exercises to not only develop long lean muscles, but to tone those mid-section abs, hips and thighs! Are you ready to ROCK?! Limited space, so if your interested sign up NOW! Minimum: 5, Maximum: 10.

TUE	9/26 - 10/31	5:30 - 6:15 p.m.	\$60(R)/\$65(NR)	130113A
Location: Colchester Health & Fitness, Prim Road		Instructor: Stacey Mercure, Colchester Health & Fitness		

LUNCHTIME SPIN

Ages 18+

Get a quick workout in with this Lunch Time Spin! Spinning is an indoor cycle class that uses a resistance knob on the bike to simulate going up hard terrains, hills and climbs. An incredible cardio workout and completely done at your own pace. A great class for both experienced and novice riders. Come in and enjoy the ride! Minimum: 5, Maximum: 10.

WED	10/4 - 11/8	12:00 - 12:45 p.m.	\$60(R)/\$65(NR)	130114A
Location: Colchester Health & Fitness, Prim Road		Instructor: Stacey Mercure, Colchester Health & Fitness		

FITNESS PROGRAMS



MINDFUL CORE PILATES

Ages 18+

Pilates is a popular fitness regimen that helps build strength and flexibility, with a strong focus on core exercises. This class will use new and innovative props, such as the Oov and foam rollers to align your core and strengthen your entire body. Learn how to create more balance and peace in your life with Pilates. This class is taught by a trained physical therapist to help you ensure all movements are accurate for building core and strength without pain, strain, or injury. Minimum: 4, Maximum: 12.

TUE	9/12 - 10/17	5:15 - 6:15 p.m.	\$66(R)/\$71(NR)	130100A
TUE	11/7 - 12/19 (skip: 11/21)	5:15 - 6:15 p.m.	\$66(R)/\$71(NR)	130100B

Location: Bayside Activity Center

Instructor: Mary Grunvald, PT

PRENATAL EXERCISE - 10 CLASS PASS

Ages 18+

Looking to stay fit throughout your pregnancy, but unsure of what you are able to do? Join us for one hour for a fun and unique class filled with a variety of exercises from yoga to dance-inspired boot camp to aquatic exercises that will keep you healthy, fit, energized, and motivated. We will contact your OB-GYN prior to having you start this class in order to be aware of any special restrictions you may have, and to make sure you stay safe throughout your participation in the class. We will also continue to maintain communication with your physician throughout the term of your pregnancy to give regular updates if needed.

WED	9/13 - card is used	5:30 - 6:30 p.m.	\$80(R)/\$85(NR)	130112A
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Location: The RehabGYM in Colchester

Instructor: Britni Myers, DPT

HATHA/RESTORATION YOGA

Ages 18+

This gentle, warm and welcoming yoga class will include aromatherapy and/or flower essences in each session. These modalities will be available to students (as they see fit), to enhance their practice, deepen their mind/body connection and simply have fun while increasing their flexibility, strength and endurance. As appropriate, adaptations/modifications will be taught and encouraged to address individual needs. Please bring your own yoga or exercise mat and a beach towel or yoga blanket. Minimum: 4, Maximum: 14.

WED	9/13 - 10/18	9:00 - 10:00 a.m.	\$55(R)/\$60(NR)	161000A
WED	11/1 - 12/13 (skip: 11/22)	9:00 - 10:00 a.m.	\$55(R)/\$60(NR)	161000B

Location: Bayside Activity Center

Instructor: Stephanie Davis

YOGA FOR FITNESS

Ages 18+

Appropriate for all levels, even if you have never done yoga before, beginner to experienced. This program is designed with emphasis on developing strength, flexibility, and muscle tone using the practice of yoga. You will get a full body workout that will burn fat and contribute to overall fitness and wellness. Minimum: 6, Maximum: 10.

WED	9/13 - 11/1 (skip: 9/27 & 10/18)	7:00 - 8:00 p.m.	\$69(R)/\$74(NR)	170005A
WED	11/8 - 12/20 (skip: 11/22)	7:00 - 8:00 p.m.	\$69(R)/\$74(NR)	170005B

Location: Bayside Activity Center

Instructor: Carol Kiewit Leinwohl

ZUMBA

Ages 18+

Take the "work" out of workout! Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Bring a water bottle and wear sneakers. This 6-week class will run over a 7-week period, so you can have a flex week off or come to all 7 classes for a bonus week! Minimum: 5, Maximum: 20.

MON	9/18 - 10/30	6:00 - 7:00 p.m.	\$36(R)/\$41(NR)	130102A
MON	11/13 - 1/8 (skip: 12/25 & 1/1)	6:00 - 7:00 p.m.	\$36(R)/\$41(NR)	130102B

Location: Colchester High School, Cafeteria

Instructor: Robyn Lebreque, Certified Zumba Instructor

ENRICHMENT & FITNESS



CHAIR YOGA

Ages 55+

A gentle yoga class using techniques from Peggy Cappy's PBS show "Yoga for the Rest of Us" as well as knowledge about bone loss and prevention as taught by Dr. Loren Fishman. We'll use props such as chairs and blocks to achieve poses and breathing techniques that enliven and relax your whole body. Dress comfortably and bring a yoga mat if you have one. Minimum: 6, Maximum: 10.

TUE	10/31 - 12/19	9:30 - 10:30 a.m.	\$50(R)/\$55(NR)	170004A
Location: Bayside Activity Center			Instructor: Betty Molnar	

TAI CHI - SUN 73 (PART II)

Ages 55+

Previous Tai Chi experience is required for this class. Sun 73 is a parent form of Fall Prevention Tai Chi, including elements of both Tai Chi Basic & Tai Chi Intermediate. This class will review the first half of Sun 73 and then proceed through the rest of the form. Sun 73 was formalized in the early 20th Century and has been practiced all over the world for health, meditation, stress relief, strength, coordination and balance. Benefits of Tai Chi include: increased flexibility, energy, and cardiovascular fitness, reduced stiffness and inflammation, lower blood pressure, and may improve balance, muscle strength, sleep patterns, and give you an overall improved sense of well-being. Maximum: 14.

TUE & TH	9/26 - 12/28 (skip: 10/19 & 11/23)	11:00 - 11:45 a.m.	FREE	161001C
Location: Bayside Activity Center			Instructor: Viviane Levy, CVAA	

LOW IMPACT MARTIAL ARTS

Ages 55+

Enjoy all the benefits of martial arts without the high-impact exercises! This program is designed to improve balance and flexibility, develop self-confidence, and build community. Participants will focus on self-defense, patterns, stretching, basic Taekwondo techniques, and various exercises to build strength and agility. The program will be taught by a qualified instructor with over 30+ years of martial arts experience. Uniform is included. Minimum: 6, Maximum: 20.

TUE	9/19 - 10/24	5:30 - 6:30 p.m.	\$45(R)/\$50(NR)	161002A
Location: Fusion Taekwon-do			Instructor: Fusion Taekwon-do Instructor	

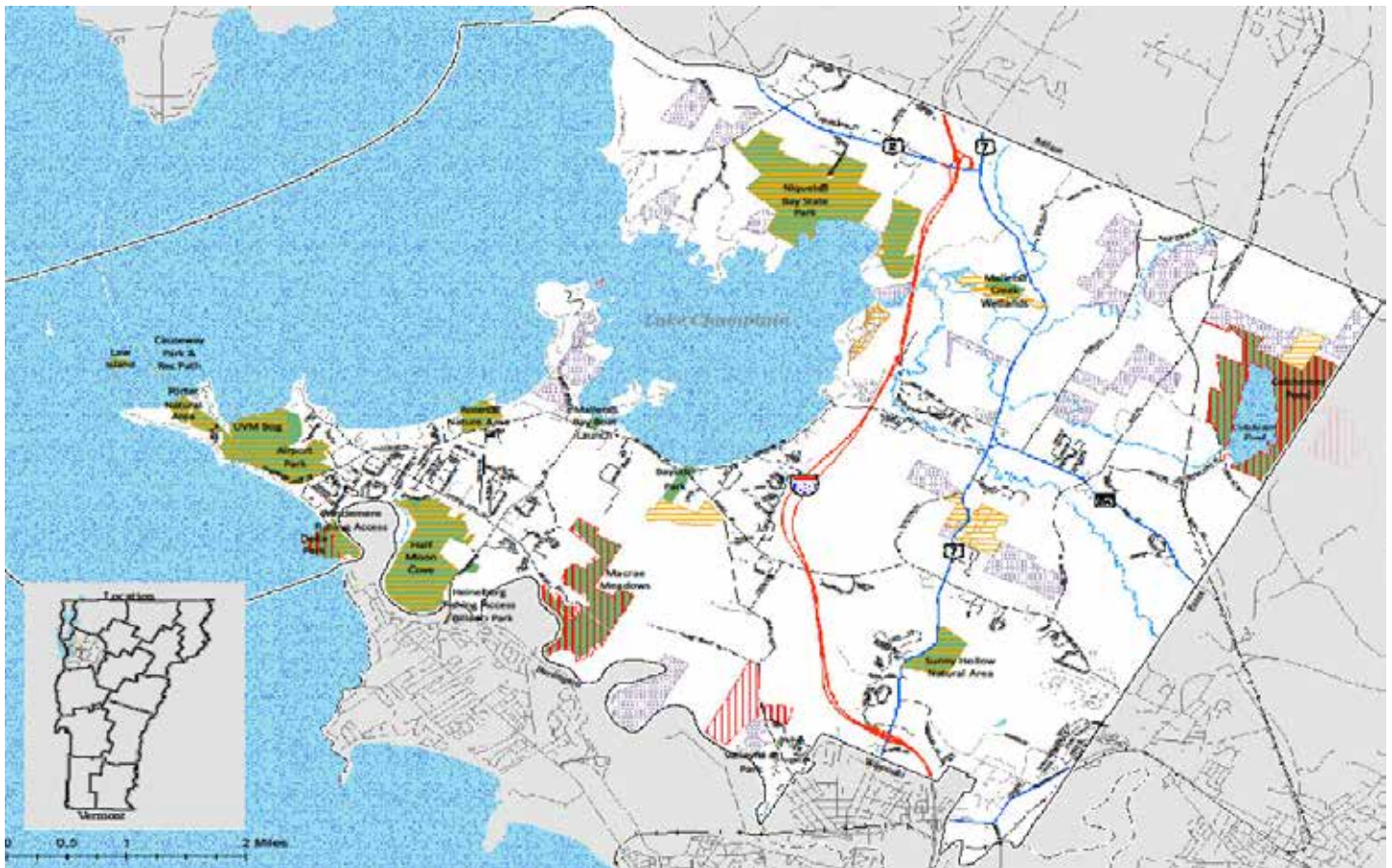
AARP SMART DRIVER PROGRAM

Ages 55+

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include: maintaining proper following distances, minimizing the effect of dangerous blind spots, limiting driver distractions (such as eating, smoking, and cell phone use), properly using safety belts, air bags, and all car features, the effects of medications on driving, maintaining physical flexibility, and monitoring the driving skills and capabilities of yourself and others. This course also reviews current national and Vermont traffic laws, and their impact upon older drivers. If you are an AARP member, please provide your membership number with your registration. Minimum: 5, Maximum: 20.

MON	11/6	12:00 - 4:30 p.m.	\$15(AARP MEMBERS)	120022A
MON	11/6	12:00 - 4:30 p.m.	\$20(NON-AARP MEMBERS)	120022B
Location: Bayside Activity Center			Instructor: Richard Smiles, AARP Volunteer	

TOWN PARKS MAP



AIRPORT PARK: 488 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Bayside Activity Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH: Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. NEW Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

HEINEBERG ACCESS/BILLADO PARK: Heineberg Drive, 4-acres, Town and State access to Winooski River

HERITAGE PARK: Heritage Drive, 1-acre, parking, playground, tennis court, basketball court.

LAW ISLAND: West of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA: Mills Point Rd. 56-acre natural area.

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods and sand beach.

SUNNY HOLLOW NATURAL AREA: Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

VILLAGE PARK: Behind Colchester Water District Building, Main Street. 66-acres, primitive park with a trail network being developed.

REGISTRATION FORM

One form can be used
for all family members
that live in the same
household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter? YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT NAME	SEX M/F	DOB M/D/Y	REGISTRATION NUMBER	PROGRAM NAME	CLASS FEE
Total Amount Due:					\$

PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation) ☐ Cash ☐ Credit Card (Only Visa and Mastercard Accepted)

☐ Check here if you would like a receipt sent to you Credit Card #: _____ Exp: _____

Fall registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning on September 11.

Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____



**COLCHESTER PARKS & RECREATION DEPARTMENT
781 BLAKELY ROAD
COLCHESTER, VT 05446**

**PRSRT STD
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Burlington, VT 05401**

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RESIDENTIAL CUSTOMER**

Looking to Volunteer?

Become a volunteer through Colchester Parks & Recreation

As the Colchester Parks & Recreation Department offers a variety of events annually, the department relies heavily upon specific volunteer “sub groups” to assist in the planning and operations of such events. These sub groups have proven their worth as popular events such as the Colchester Winter Carnival going into its 35th year, the Colchester Triathlon going into its 34th year and Causeway Race is going into its 6th year, and is the result of a lot of hard work and volunteer commitment towards the building of community. Special Events not your thing? We have coaching opportunities, working with the active generation, and so many more volunteer opportunities through Colchester Parks & Recreation. Come in and fill out a volunteer application!



FOUR SIMPLE WAYS TO REGISTER...

**► Online
Log onto**

www.colchestervt.gov/Recreation and register for classes! Visa or MasterCard and family sign in/password will be needed

**► Fax in
(802)264-5647**

Complete the registration form including your credit card number and expiration date on the form. Incomplete forms will not be processed.

**► Mail in
Completed registration form with payment to:
Colchester Parks & Recreation
781 Blakely Road
Colchester, VT 05446**

**► Drop by the office
Monday - Friday
7:30 a.m. - 4:30 p.m.
781 Blakely Road
Second Floor**

Register Early! Don't run the risk of having your favorite program fill or be cancelled due to low enrollment!

Resident registration begins as soon as you receive this brochure!